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1. The Boulou call cotton sut and kapok sut duma; neither the cotton plant nor the kapok tree grows in their area. (P. A.)

family grows some tobacco, some pimentos, or condiments of various kinds, in short, all it consumes. Each plot of land, moreover, shows this multiple cultivation, since all sorts of plants are sown together according to the so-called system of companion crops, in contrast to European cultivation where one field is devoted exclusively to one crop.

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242 This mixture of different plants probably avoids exhausting the soil of any one of its constituants. A stand of maize with its shallow roots absorbs what nourishment it needs, while the tubers of the macabo, which surround it go deeper to feed themselves with other elements, and a few plantings of groundnuts enrich the soil by holding nitrogen in it. And yet, as an additional preventive measure, so to speak, the farmer varies his sowings from year to year. Does he consciously carry on true crop rotation, is he led to this practice by the length of growing cycles or by the needs of the plants?

241 After a rough clearing of the ground by burning, the women sow and plant the freshly cleared land: gourds, plantains, macabo to be harvested in a year or eighteen months, maize that will mature in five months. After the maize harvest, a second planting period is devoted to groundnuts; when they are mature, macabo, manioc, and plantain will be ready to harvest. Manioc is left in the ground for a long time and can, at need, provide tubers. The cycle completed, the ground is left fallow and goes back to bush. Fallow land that was abandoned for good at the time of the great migrations is now being put back into cultivation after a lapse of time that varies with the demand for land due to demographic pressure, with the quality of the soil, and with the nature of its reclamation. /30/

Obviously, there is no period of any length without a crop.

Except for maize, groundnuts, and pumpkin seeds, there is no crop that can be stored in a granary, a fact that has as much bearing on social psychology as upon building techniques. Working according to traditional methods, a woman cultivates 0.52 hectares a year to provide food for her family (1). There is another way of judging the

1. A mean based on /the work of/ 27 women (Ewondo and Bané) whose plots were measured